

Research on the Application of Cognitive Behavioral Therapy in the Self-Management of Elderly Patients with Chronic Diseases

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Abstract: The goal of this article is to deeply analyze the application and value of CBT (Cognitive behavioral therapy) in the self-management of chronic diseases of the elderly. This article combs the development track, basic principle and application scope of CBT, summarizes the research status of self-management of elderly patients with chronic diseases, and discusses the relationship between CBT and self-management of elderly patients with chronic diseases. On this basis, this article puts forward the implementation strategy of CBT in the self-management of elderly patients with chronic diseases, and discusses the possible problems and countermeasures in the application process. It is found that CBT can help elderly patients with chronic diseases to change their views on diseases, enhance their enthusiasm and ability of self-management, and then significantly improve their healthy behavior and quality of life by means of key means such as cognitive reconstruction, behavior activation and problem-solving skills. The great potential and development prospect of CBT in self-management of elderly patients with chronic diseases are emphasized, and suggestions for future research are put forward, including conducting large-scale clinical trials, exploring the combination of CBT with other intervention methods, and paying attention to the effect of long-term intervention.

1. Introduction

Chronic diseases such as cardiovascular disease, diabetes and chronic obstructive pulmonary disease, which are common in old age, are increasingly becoming the key problems that must be faced in the field of global public health [1]. With the deepening of population aging, the incidence of these chronic diseases is rising and becoming a global problem. In China, the huge elderly population and the rapid aging process make the pressure of chronic diseases in the elderly particularly prominent [2]. These diseases seriously threaten the health of the elderly, greatly reduce their quality of life, and bring great economic and psychological pressure to families and society [3].

In the process of coping with chronic diseases in the elderly, the self-management of patients is particularly critical [4]. Self-management means that patients actively participate in the treatment and rehabilitation process of diseases by mastering the knowledge, skills and methods related to diseases, so as to control the disease and improve the quality of life [5]. For the elderly patients with chronic diseases, effective self-management helps them to better cope with the disease, alleviate the pain, delay the course of the disease and enhance their self-care ability [6]. In this process, the role of psychological intervention can not be ignored. It can help patients adjust their mentality, improve their self-confidence, overcome their fear and anxiety about diseases, and then manage themselves more actively.

As an effective psychological intervention method, CBT's application value in the management of chronic diseases in the elderly has been gradually valued in recent years [7]. CBT helps patients to establish a positive coping mechanism by adjusting their cognitive and behavioral patterns, thus improving their mental health and quality of life. For elderly patients with chronic diseases, CBT

can help them manage their emotions better, promote them to form healthy living habits, improve treatment compliance and achieve better disease control effects.

In view of this, the purpose of this study is to explore how to integrate CBT into the self-management of elderly patients with chronic diseases, so as to promote their health behavior and quality of life. Through in-depth analysis of the application strategies and methods of CBT in the self-management of chronic diseases in the elderly, we expect to provide patients with innovative self-management programs to help them better face the challenges of diseases. This study will also provide useful theoretical and practical reference for the research in related fields, and promote the extensive application and progress of CBT in the management of chronic diseases in the elderly.

2. Literature review and theoretical basis

Since its birth in the mid-20th century, CBT has experienced continuous development and improvement. At present, it has become an effective method widely used in clinical psychotherapy. Its core principle is to help patients establish a more positive and rational coping style by changing their cognitive and behavioral patterns, thus alleviating psychological problems and improving their quality of life [8]. In the field of mental health, CBT has been proved to have significant therapeutic effects on anxiety, depression and other psychological disorders. With the deepening of research, the application fields of CBT are also expanding. In the management of chronic diseases, CBT has shown its unique advantages. By adjusting patients' cognition of diseases and reducing their psychological burden, CBT can encourage patients to participate more actively in the treatment and rehabilitation of diseases, so as to further improve the treatment effect and delay the progress of diseases.

In the research of self-management of elderly patients with chronic diseases, many scholars have made a lot of explorations. See Table 1 for an overview of the research on self-management of elderly patients with chronic diseases:

Table 1 Study on self-management of elderly patients with chronic diseases

| Category | Content Overview |
|-------------------------------|---|
| Definition of Self-Management | Patients acquire disease knowledge and skills, actively participate in treatment and rehabilitation |
| Content of Self-Management | Disease monitoring, symptom management, medication management, lifestyle adjustments |
| Influencing Factors | Age, gender, education level, economic status, social support |

The concept of self-management has gradually become clear, that is, patients actively participate in the treatment and rehabilitation process of diseases by mastering the knowledge, skills and methods related to diseases. The content of self-management covers many aspects, such as disease monitoring, symptom management, medication management and lifestyle adjustment. The influencing factors include patients' age, gender, education level, economic status and social support [9]. In order to improve patients' self-management ability, researchers put forward a variety of intervention measures, such as health education, psychological support, skills training and so on. However, despite these advances, how to effectively improve the self-management ability of elderly patients with chronic diseases is still an urgent problem to be solved.

As a psychological intervention method, the core of CBT is to help patients cope with various challenges in life more effectively by changing their cognitive and behavioral patterns, including the difficulties brought by chronic diseases. In elderly patients with chronic diseases, the application of CBT is particularly important. Through cognitive reconstruction technology, CBT can guide patients to re-examine and adjust their negative cognition of diseases [10]. For example, the negative idea of "I am a burden" is changed into "I am still trying to fight the disease, and I am valuable", so as to significantly reduce their psychological burden and enhance their confidence in disease resistance. Behavior activation strategy in CBT also plays a key role. It encourages and urges patients to actively participate in the process of disease management, not only passively

receiving treatment, but actively adjusting their lifestyles and forming healthy living habits. For example, by setting practical small goals, patients can gradually regain their sense of control over their lives. This positive sense of participation is very important to improve their self-management ability.

The theoretical basis of this study mainly comes from cognitive theory, behavior theory and self-management theory. Cognitive theory holds that people's emotions and behaviors are influenced by their cognition, and they can be adjusted by changing their cognition. Behavior theory emphasizes the important role of behavior in psychological process, and can affect people's psychological state by changing behavior. Self-management theory focuses on how patients can actively participate in the management of diseases, and effectively improve their health by improving their self-management ability. These theories support each other and jointly provide a strong guidance and basis for this study.

3. Application strategy of CBT in self-management of elderly patients with chronic diseases

According to the unique characteristics and diverse needs of elderly patients with chronic diseases, a series of strategies are designed (see Table 2). These strategies aim to effectively integrate CBT into its self-management.

Table 2: CBT integration self-management strategy for elderly patients with chronic diseases

| Strategy Content | Implementation Method/Considerations |
|---|--|
| Simplify CBT Language Explanation | Use everyday language, avoid jargon, present with images and text |
| Enhance Engagement and Understanding | Choose relevant cases, encourage role-playing |
| Establish Close Collaborative Relationships | Communicate regularly, involve families in plan development |
| Provide Ongoing Support and Encouragement | Follow up regularly, provide positive feedback, set small goals |
| Develop Personalized Intervention Plans | Consider patient circumstances, assess and adjust regularly |
| Adopt Intuitive Teaching Methods | Use physical demonstrations, video tutorials, simple written materials |
| Arrange Treatment Time and Intensity Appropriately | Schedule based on physical capacity, control intensity and frequency |
| Integrate Family Support | Train families, encourage joint participation in activities |
| Regularly Assess and Adjust Treatment Plans | Use scales for assessment, adjust based on results |
| Leverage Community Resources for Education and Practice | Utilize community lectures, organize practical activities |

Elderly patients with chronic diseases usually face multiple challenges, such as decreased physical function, decreased cognitive ability and great emotional fluctuation. Therefore, the application of CBT needs to be more detailed and flexible. Through regular psychological evaluation, this article understands the psychological state and self-management ability of patients and makes targeted intervention plans.

The core technology of CBT has shown a broad application prospect in the self-management of elderly patients with chronic diseases. Among them, cognitive reconstruction can help patients adjust their negative cognition of diseases, reduce anxiety and fear, and enhance their confidence in coping with diseases. By guiding patients to have reasonable self-dialogue, we encourage them to challenge and change those negative thinking patterns, and gradually cultivate a more positive and optimistic attitude. This change in mentality is very important for enhancing patients' confidence in coping with diseases. Behavior activation technology is a powerful pusher to encourage patients to actively participate in daily activities. We can encourage patients to gradually recover and improve their physical function by setting a series of feasible small goals. These small goals will not make patients feel stressed, but also enable them to accumulate a sense of accomplishment in the process

of constantly achieving their goals, and then more actively participate in self-management. Problem-solving skills teach patients how to face and solve practical problems encountered in the process of disease management and improve their sense of self-efficacy.

In the process of applying CBT, a series of challenges and obstacles will inevitably be encountered. For example, the decline of cognitive function of elderly patients may affect their understanding and acceptance of CBT technology; Insufficient treatment compliance is also a common problem. In order to overcome the related challenges, this article plans to explain the principles and methods of CBT in more concise and clear language, and enhance patients' sense of participation and understanding through case analysis and role-playing. Table 3 shows the challenges, obstacles and overcoming methods in the implementation of CBT:

Table 3: Challenges, obstacles and overcoming methods in CBT implementation

| Challenge/Obstacle | Method to Overcome |
|--|---|
| Patient resistance | Enhance communication, build trust, explain CBT benefits |
| Lack of treatment adherence | Set clear goals, provide ongoing support, implement incentive mechanisms |
| Difficulty in skill acquisition | Teach in steps, conduct practical exercises, provide feedback and adjustments |
| Time management issues | Arrange flexible sessions, provide self-help resources, simplify processes |
| Emotional fluctuations affecting treatment | Teach emotion regulation skills, adjust treatment plans as needed |
| Insufficient social support | Encourage family involvement, introduce support groups, provide resource links |
| Inadequate therapist experience | Provide training and improvement, supervisory guidance, and experience sharing |
| Cultural differences and misunderstandings | Provide cultural sensitivity training, make adaptive adjustments, and offer explanations and clarifications |

The situation of each elderly patient with chronic diseases is unique, and there are differences in their psychological state, self-management ability and social support system. When formulating CBT intervention plans, it is necessary to fully consider the specific situation of patients and develop personalized treatment plans. This will help researchers to more accurately meet the needs of patients and improve treatment outcomes.

4. Conclusions

CBT shows great potential value and application prospect in self-management of elderly patients with chronic diseases. Through the intervention of CBT, elderly patients with chronic diseases can adjust their cognition of diseases, reduce their psychological burden, enhance their enthusiasm and ability of self-management, and then significantly improve their healthy behavior and quality of life. This research result has opened up a new treatment approach for elderly patients with chronic diseases, and also contributed a solid theoretical basis for clinical practice.

Nevertheless, there are some limitations and shortcomings in this study. First of all, the selection range of research samples is limited. Due to the limitation of resources, this article only studies some elderly patients with chronic diseases, which may affect the universality and representativeness of the results. Secondly, the singleness of intervention means is also one of the shortcomings of this study. In practical application, CBT needs to be combined with other treatment methods to achieve better treatment results. In view of the above limitations and deficiencies, future research should be further expanded and deepened. First of all, this article suggests to carry out large-scale clinical trials to verify the effectiveness of CBT in self-management of elderly patients with chronic diseases. The efficacy and scope of application of CBT can be evaluated more accurately through the study of larger sample size. Secondly, relevant personnel should actively explore the combined application of CBT and other intervention methods (such as drug therapy, physical therapy, etc.) to form a more comprehensive and personalized treatment plan. Future

research should also pay attention to the effect of long-term intervention and evaluate the effect of CBT on the long-term health status and quality of life of elderly patients with chronic diseases.

The application and development of CBT need the joint efforts of psychology, medicine, nursing and other fields. We should strengthen cooperation and exchanges between related fields to jointly promote the application and development of CBT in self-management of chronic diseases in the elderly. Through interdisciplinary cooperation, we can understand the needs and challenges of elderly patients with chronic diseases more comprehensively and provide them with more accurate and effective treatment and support.

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